



Church Spotlight

St. Mark UMC, Walterboro District

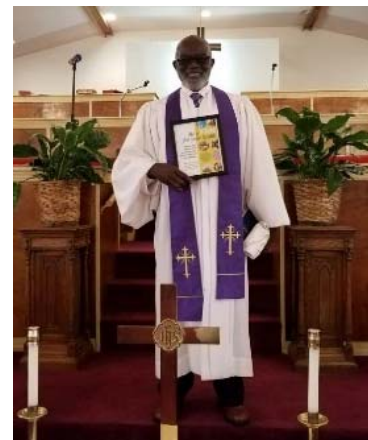
Reverend Leonard Huggins, Pastor

Staying Consistent for Healthy Living!

After almost two years since being trained in the FAN Program, Ms. Renee Wamer, FAN Coordinator, and FAN committee members (some featured below L to R: Ms. Shayon Smith, Ms. Sequoius Smith Jones, Ms. Cathy Rush, and Ms. Wamer) at St. Mark UMC continue to see excitement in church members for FAN activities. One of the goals of the committee has been to see people of all ages participate in physical activity and healthy eating opportunities and events planned at the church.

The support of Rev. Leonard Huggins and the close-knit community of St. Mark allows members see each other frequently at events and FAN activities, giving them opportunities to share health messages, as well as discuss updates and potential new activities. In addition, the committee meets quarterly to assess current activities and plans for the future.

One strength of many at St. Mark has been the consistency of FAN activities over the past two years. For example, bulletin inserts are included on the 2nd Sunday of each month, and Ms. Wamer has a table once a month to share healthy snacks and healthy living information. At church potlucks and catered meals, committee members ensure that fruit and vegetable dishes are available. In months with a 5th Sunday, St Mark and the other churches in the charge – Shady Grove and Trinity/St George - work together to plan a FAN-friendly worship service.



Recently, Ms. Wamer applied for a grant from Connectional Ministries to help with FAN program activities and they received it! With the grant money, they purchased exercise equipment for members to use. These new machines have provided a positive spark of interest in members to be more physically active. While the space at St. Mark is limited, Ms. Wamer encourages other churches to be flexible and to use existing spaces to offer various activities and events.

Lastly, Ms. Wamer urges churches to *“stay positive, be consistent, and show interest.”* She believes this mindset helps members who may not initially show interest. She recommends to *“try new and different things.”* She shares that different activities may work better for different people, and offering a variety of activities may help keep members interested.

**Congratulations to
St. Mark UMC for your
commitment to keeping FAN
going and improving the
health and well-being of
your members!**

